

YMCA PLAN FORWARD DIABETES PREVENTION PROGRAM

The **YMCA** will offer a **16-week program** focused on decreasing the risk for diabetes through the promotion of weight management, physical activity and healthy eating in a supportive group environment. The program will include 1 educational session and 2 activity sessions per week.

Program includes:

- Individual YMCA Membership
- Group meetings and support from trained YMCA Wellness staff
- Educational materials and local resources
- Recipes and nutrition education

PLAN FORWARD

The YMCA PLAN FORWARD is a GROUP PROGRAM based on the Diabetes Prevention Program; a national study that credited lifestyle changes (diet and exercise) to the prevention and development of diabetes.



Could you have diabetes and not know it? Talk to your Doctor to determine if you are a candidate for this program.

Program begins October 13. Registration opens September 14. Please contact the YMCA of Inland Northwest for more information at 509-777-9622.

YMCAs currently offering the DPP in Washington:

Auburn Valley YMCA

www.auburnvalleyymca.org 253-833-2770 Contact: Katie Koblenz kkoblenz@seattleymca.org

YMCA of Tacoma Pierce County

www.tacomaymca.org 253-853-9622 Contact: Darcy Celletti dcelletti@tacomaymca.org

Wenatchee Valley YMCA

www.wenymca.org 509-662-2109 Contact: Hillary Conner hillary@wenymca.org

YMCA of the Inland Northwest

www.ymcaspokane.org 509-777-9622

Contact: Keats McGonigal kmcgonigal@spokaneymca.org







FOR MORE INFORMATION CONTACT:

YMCA OF THE INLAND NORTHWEST 509-777-9622

